

MARYLAND STATE ADVISORY COUNCIL ON PHYSICAL FITNESS

MEETING SUMMARY

AUGUST 3, 2016

ATTENDANCE

Members Present in Person

Charles Chester
James Dorf
Lillian Greene-Chamberlain
Deborah Grinnage-Pulley
M. Arnita Hannon Christmon
Rhonda Hearn-Stewart
Surina Ann Jordan
Lee Meizlesh
Tom Russell
Jay Seidel
Karen Stewart
Suzanne Stringer

Members Present on Phone

Janice Armstrong
Ron Bowman
Douglas Miller
Geoffrey Nordberg
April Quigley
Beatrice Rice
Michael Shaw

Members Absent

Monique Anderson
Yusef Battle
Nathanial Garland
Larry Hughes
Tammy Ann Shelley (excused)
Monique Anderson
Yusef Battle
Nathanial Garland

DHMH

- Meghan Ames, Council Staff Coordinator
- Kristi Pier, Director, CCDPC

WELCOME AND INTRODUCTIONS

- The meeting was called to order at 4:37 PM
- Attendees in the room and on the phone introduced themselves.
- May Meeting Minutes were circulated and approved.

ADMINISTRATIVE UPDATES

Council Vacancies and Reappointments – *Meghan Ames*

- Three new members
 - Jay Seidel
 - Janice Armstrong
 - Karen Stewart
- Four reappointments:
 - Tammy Ann Shelley
 - Ron Bowman
 - Doug Miller
 - Deborah Grinnage-Pulley
- Surina Ann Jordan was appointed by the Governor to serve as Council Chair, effective 7/1/16

Maryland Advisory Council on Heart Disease and Stroke Prevention Liaison – *Meghan Ames*

- The Maryland Advisory Council on Heart Disease and Stroke Prevention is statute mandated and required to include a representative from the Maryland Advisory Council on Physical Fitness
- Surina Ann has served a dual appointment as liaison for the Advisory Council on Heart Disease and Stroke for many years. The Fitness Council will need to identify a new liaison to this council. If you are interested, please let Meghan Ames know.

Fall Council Retreat – *Surina Ann Jordan*

- Surina Ann Jordan would like to arrange a Council Retreat prior to the November meeting.
- Proposed dates include 10/15 and 10/22.
- Council members are asked to check their calendars to determine a feasible meeting time.

2017 Meeting Schedule – *Surina Ann Jordan*

- There will continue to be four quarterly meetings in 2017.
- Surina Ann Jordan is proposing to meet at different locations throughout the State.
- Council members are asked to send potential locations to Meghan Ames by 11/1/16.
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Fitness Council Gear – *James Dorf*

- James Dorf has placed the gear order and should be receiving the products by the November meeting.
- James Dorf will collect funds to pay for the gear.

COLLABORATION WITH LOCAL/NATIONAL COUNCILS/COALITIONS

Exercise is Medicine on Campus – *Suzanne Stringer*

- Exercise is Medicine on Campus is launched a [Recognition Program](#) in 2014, classifying colleges/universities as gold, silver, or bronze, depending on their commitment to physical activity.
- Suzanne Stringer is working with Anne Arundel Community College to complete the application and will also promote the opportunity at the MD Association of Community Colleges.
- Suzanne urges other Council members to reach out to colleges and universities and encourage them to pursue the recognition.

National Coalition for Promoting Physical Activity – *Suzanne Stringer*

- Suzanne Stringer attended a NCPPA meeting in DC on 7/25.
- Suzanne Stringer reports that NCPPA is encouraging EIM as a preventive mechanism, as well as the use of games to promote physical activity.

Physical Activity Guidelines Advisory Committee – *Meghan Ames*

- The Physical Activity Guidelines Advisory Committee has been appointed and had their first meeting on 7/14-7/15.
- Meghan Ames encourages Council members to attend these meetings as they are able to leave comments in the public comment, which is currently open.

Building Success of Evidence-Based Community Programs – *Kristi Pier*

- The Center for Chronic Disease Prevention and Control is hosting Building Success of Evidence-Based Community Programs: Improving Chronic Disease Outcomes in Maryland on 9/7/16.
- [Registration](#) is free and Council members are encouraged to attend.

WALK MARYLAND DAY

Walk Maryland Day – *Meghan Ames*

- October 5, 2016, is the second annual Walk Maryland Day, as proclaimed by Governor Hogan
- Partners are encouraged to participate by:
 - Registering for Walk Maryland Day at extension.umd.edu/walkmd
 - Promoting the event using #walkmd and the attached flyer
 - Host their own walking event using toolkit materials

- The toolkit will be made available via the extension.umd.edu/walkmd website in mid-August, and will include:
 - How-to one-pager on planning an event
 - Editable flyer template
 - Editable walking map template
 - Banner
 - Other resources

A Walk in the Park – *Doug Miller*

- Baltimore County Departments of Recreation and Parks and Health are hosting A Walk in the Park, 9/17 at 10:00 and 11:00 am.

COMMITTEE UPDATES

Special Events – *Ron Bowman*

- Bay Bridge Run
 - Four wheelchair participants have registered so far
 - Ron Bowman will inquire about co-promoting Walk Maryland Day as an opportunity to begin training for the Bay Bridge Run.
 - Fitness Council members will be notified if they are needed to volunteer at the event.
- Senior Expo
 - James Dorf will try to get a table at the Senior Expo.
 - Council Members are asked to find 1-2 hours on 10/26 or 10/27 between 9:00 am and 4:00 pm that they can represent the Council at this event.

Education & Awareness – *Suzanne Stringer*

- Speakers Bureau
 - Suzanne Stringer will be presenting in a series of classes at the Anne Arundel Community College about the MACPF; these speaking opportunities may also be a recruitment tool
- Communications
 - Council Members are asked to send Facebook content to Michael Shaw and Michael will notify Council Members of posts, so they can share them in their networks.
 - The Committee will be hosting a call in the next few weeks to determine strategic approaches to utilizing social media to engage the target audience.
 - The Committee will investigate branching out to LinkedIn, Twitter, and Instagram.

Awards – *April Quigley and Arnita Hannon Christmon*

- Recipients identified
 - Unanimous Council agreement on proposed Award Recipients.
 - Awardees will be notified in the next week or two.
- A Recognition Ceremony will be held on Wednesday, November 11, from 6:00-7:30 PM, in combination with the November Council meeting, which will be held from 4:30-5:30 PM.
 - The location is still TBD.
 - In preparation for the Recognition Ceremony, Meghan Ames is asking Council members to consider any resources that could provide:

- Light refreshments following the event
- Framing services for 6 Governor's citations
- Photography
- Need to determine frequency of Awards. It was proposed to do them every other year.

Legislation – *Charles Chester*

- PHIT Act
 - Suzanne Stringer noted that PHIT Act has over 100 co-sponsors, but is still not expected to pass this year.
- H.R. 1499, The Physical Activity Recommendations for Americans Act
 - Suzanne Stringer arranged to have the MACPF sign the letter of support for this Act.

ANNOUNCEMENTS

- Building Success of Evidence-Based Community Programs: Improving Chronic Disease Outcomes in Maryland – Wednesday, 9/7/16
- Walk Maryland Day – Wednesday, 10/5/16
- Discover the Power of Age Expo – Wednesday and Thursday, 10/26/16 – 10/27/16
- Next Council Meeting – Wednesday, 11/2/16, 4:30-6:00 PM
- Physical Activity Excellence Awards Recognition Ceremony, location TBD – Wednesday, 11/2/16, 6:00-7:30 PM
- Bay Bridge Run – Sunday, 11/6/16

ADJOURNMENT

The meeting was moved to adjourn at 5:39 PM.